

Wasatch County Seniors Newsletter

465 E 1200 S Heber City, Utah—Open M-F 8:30 am—4:00 pm—Phone: (435) 654-4920

MARCH 2019

SENIOR CITIZENS DEPT.

- Center Director: Ashley Fish
- Admin. Secretary: Tiffany Horrocks
- Food Services Manager: Cora Briggs
- Activities Coordinator: Candie Bonner



SPOTLIGHT **Wendell & Merrill Hall**

Wendell was born in Marriott, Utah in 1923. Merrill was born in Bloomington, Illinois in 1925. She moved to Slaterville, Utah as a young child. Both graduated from Ogden High School and Weber College. Wendell went into the army and fought in WWII for 3 years. Merrill went to Utah State University and taught school. After the army Wendell went to Argentina on a mission for 3 years. We got married when he returned in 1950. Wendell went to the University of Utah and received a Fulbright Scholarship to the University of Vienna. He taught at Weber College for 2 years. He received a job with the U.S. Information Agency in Chili for 4 years. He came home to Provo to teach at BYU. He was called as Mission President to Argentina. Afterwards he returned to teach at BYU and retired in 1987.

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SENIOR CENTER CORPORATE BOARD 2019

- President: Dennis Allen
- Vice- Pres./ President/Elect: Perry Rose
- Past Pres.: LaRee Pedro
- Sec./Treas.: Marvin Rust
- Historian: Carroll Lee Hicken

DIRECTORS: John Besendorfer, Maxine Carlile,
Betty Jones, Wayne White, Dee Akerley

COUNTY ADVISORY BOARD 2019

- Chair: Jim Kohler
- Vice-Chair: Sidney Ellingford
- Secretary: Marcia Young

Regular Members: Steve Farrell (Cnty Cncl Rep.),
Jim Kohler, Raneva Lemon, Bonnie Mathews, Rick
Tatton, Marcia Young, Sidney Ellingford, Linda
Middleton
1st Alternate: Mary Johnson
2nd Alternate: Betty Brandner

All skill levels Wanted!!

Starting in March every Tuesday
at 11:00 am come and be apart
of the Chess Club.



CHESS CLUB

**Novice through Master
players needed.**

From the Director's Desk (March 2019)

Food..... and “food service”. It is a MAJOR part of what we do here. All throughout America seniors enjoy food programs at its states’ various senior centers.

Unlike many of our “sister” Senior Centers in nearby counties within Utah, our *Wasatch County* Senior Center does its own purchasing, preparation and delivery -- right here in our own on-site Kitchen. As a senior, one of the great privileges of living in America is this much-appreciated blessing.

I’ve written about this before, but to remind our many members and readers. . . .

1. Over half of our small staff here work in our food service department.
2. Cora and Brent Briggs oversee the meal preparation and delivery of these delicious meals. They have been in the food business for MANY years and are highly-skilled professionals.
3. Excluding our “catered” food-related events, this past year we served approximately 2,000 “meals” PER MONTH out of our Center’s Kitchen. In years passed we’ve served even more.
4. Each week we continue to serve our “congregate” meals at 12 noon on Tuesdays and Thursdays. The \$3.00 per meal *donation* continues to be just remarkable in this day and age. The convenient cash box at the entrance is there for this purpose. We do not “track” who pays and who may not – as per the agency guidelines governing this great program.
5. *Incidentally, when coming, please remember to “sign up”, in advance, (for any meal on any day) so that we can prepare accordingly. (If you do not notify us that you will be here we are “short” food that day.)* We trust you understand.
6. The “meals-on-wheels” program is also provided out of our Kitchen and delivered to our county’s qualified recipients. These meals are delivered Monday thru Friday, excluding holidays. A modest \$3.00 per meal *donation* is also suggested. One must be at least 60 yrs. of age and “home bound” to qualify for “home delivery”.
7. Each and all of these meals are for ALL seniors - regardless of income status or class distinction. They are not only for the “poor and needy”.
8. One of the stipulations of the *Older Americans Act* of 1964 was to provide nutritious meals for our nation’s seniors. For the past 50+ years our nation and its citizens have been caring for our older adult population with many services, not the least of which is providing FOOD service -- the basic necessity of life.

God bless America and its wonderful people!

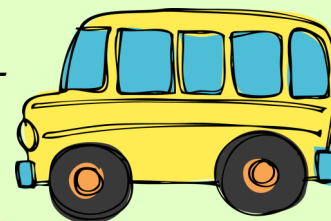
Scam and Fraud Alerts

Tips to Protect Yourself from Identity Theft

- 1) Be sure all of your financial institutions have your current address & contact information.
- 2) Review all financial statements carefully & *within a few days of receiving them* so you can report any issues or errors immediately.
- 3) If using a debit card, it’s wise to use automated phone systems weekly at your bank to check transaction history & monitor accounts.
- 4) Check bank accounts & credit card accounts frequently on line for accuracy and report any fraudulent or suspicious activity immediately!
- 5) Create strong passwords & PIN numbers; then keep all personal and private information in a secure location.
- 6) Consider freezing your credit with the 3 major credit bureaus, so that someone cannot open an account in your name. A new law makes this process free with Experian(1-888-397-3742), Equifax(1-800-685-1111), & TransUnion(1-888-909-8872).
- 7) **Never give out or confirm personal information over the phone, via email or on a website until you’ve checked out whoever is asking for it.** Do not trust a name, phone number, or email address just because it seems to be connected with the government. Scammers use official sounding names, fake caller ID or email address information to make you trust them. The government normally contacts people by postal mail and your social security number isn’t suspended, EVER!
- 8) **Contact government agencies or any agency you do business with directly, using telephone numbers or website addresses you know to be legitimate.** For example SSA is 1-800-772-1213.

TRIPS & TOURS

To register call Candie @ 435-654-4920 (by the deadline) or sign up & pay at Senior Center. Payments must be made at time of signing up. Current paid members will receive first consideration if space is limited. In the event a trip time/ date needs to change we will let you know ASAP. Tickets & activities are non-refundable unless noted otherwise.



***NOTE: Unless otherwise noted you will be responsible to pay for your own meals while on day trips and/or tours.**

For costs and information on longer Bus Tours, Cruises, & International trips, check the Travel Table at the Senior Center.

Date:	Registration	Cost:	Details:
EVERY MONDAY IN MARCH @ 10:00 AM 4th, 11th, 18th, 25th	_____	\$2 Each Class OR \$5 Entire Month	Chair Yoga: at Senior Center This Yoga class is taught using a chair as a prop. Just like a traditional Yoga class it will begin with centering and breathe work. Students are introduced to Yoga using the chair as an aide in all standing postures and balance. Ideal for beginners and individuals with limited range of motion. 10:00 AM Sharp at Senior Center
Friday, March 1st	February, 26th	One One's Own	Ladies Luncheon: at "The Old Goat" Let's get together and enjoy lunch (and of course, a few laughs) at the new Restaurant in town "The Old Goat" We will meet at "The Old Goat" 650 W. 100 S. Heber at 11:30 AM
Monday, March 4th	March 1st	_____	Tour & Reading: at Daniels Canyon Elementary, Heber Daniels Canyon is the newest school in our community, let's check it out! They will take us on a little tour and share some of the great things that are happening there. We will also be helping in a class with some reading to the students. We will meet at the Senior Center. Bus to leave at 9:45 AM
Saturday, March 9th	Closed	\$20	Beauty & The Beast: at Dejoria Center, Kamas Join us in watching a "Tale as Old as Time"..... Put on by the Panto Company USA. Will be full of fun, laughter, stunning costumes, music, and magic! Bus to leave Senior Center at 1:45 PM (limited seating)
Wednesday, March 13th	March 11th	\$7	Legends Motorcycle Museum; Springville Get up and personal with vintage motorcycles form early 1900's. Bring money for lunch at "Strap Tank" Café Bus to leave Senior Center at 10:00 AM
Monday, March 18th	March, 15th	_____	Movie Monday & Potluck: at Senior Center Join us for "The Mountain Between Us" movie and "potluck" lunch. Meet at Senior Center 12:30 PM
Wednesday, March 27th	March, 22nd	Volunteer Sign Up	Tea Party: at Senior Center Join us for a Tea Party! Bring your teacup & saucer and enjoy a variety of teas with all the fixings (milk, honey, cinnamon, lemon, etc.) along with scones and chocolate fountain. No party is complete without a game or two, prizes to be given. (Please check for volunteer opportunities) Meet at Senior Center at 1:00 PM
Thursday, March 28th	March, 26th	_____	Exercise & Dance with Becky: at Senior Center Have fun learning "Sit and Dance". From warm-up to cool down, this 30 minute dance exercise routine will have seniors of all mobility levels smiling and stretching their limbs with fun-filled rhythm. Meet at Senior Center 11:00 AM

TRIPS & TOURS Continued.....



Date:	Registration Deadline:	Cost:	Details:
Monday, April 1st	March, 21st	\$5	<p>Provo Pioneer Village, Provo</p> <p>Come celebrate the 168th anniversary of the founding of Provo! Pioneer Village contains the original structures, including the Turner Cabin, the Haws Cabin, the Loveless Home, a granary, school, woodshop, corn crib, and out-house. 6:00 PM Presentation, "Early boating on Utah Lake" Bus will leave Center at 4:00 PM. Dinner TBD.</p>
Saturday, April 6th	Closed	\$18	<p>Ballet West II: at DeJoria Center, Kamas</p> <p>Ballet West II Will be performing a mixed bill of time-honored classical routines and bold new works that will showcase the troupes impressive and diverse talents. The repertoire includes: Divertimento, Laden, Don Quixote Pas de Deux Swan Lane Pas de Trois, and Untitled</p>
Friday, May 3rd	Closed	\$90	<p>Shen Yun- at Val Browning Center , Ogden.</p> <p>Travel back to the magical world of ancient China. Experience a lost culture through the incredible art of classical Chinese dance, and see legends come to life. Shen Yun has stunning costuming, high-tech back drops and an orchestra like no other. Be prepared for a theatrical experience that will take your breath away! Bring money for dinner at Chuck-A-Rama Bus will leave Center at 12:00 PM</p>
Monday, Tuesday, Wednesday May 6, 7, & 8th	March 4th	\$85 Shared Room (Per Person) \$115 Private Room	<p>Overnight trip to Mesquite Nevada!!</p> <p>We will leave at 8:00 am on Monday, May 6th. 3 days, 2 nights to gamble, play Bingo, Keno, Bowl, swim and more. Cost Includes room, transportation (in luxury motor coach), and (1) boxed lunch. Ask front desk for more details</p>
Friday, June 7th	Closed	\$20	<p>"Air Supply" Concert: at the DeJoria Center, Kamas.</p> <p>The soft rock duo had 8 top ten hits including: "All Out of Love", "Sweet Dreams", "Even the Nights Are Better", "Lost in Love", and "Here I Am". Sign up by March 1st – Seniors Only. If tickets are still available after March 1st, friends and family are welcome to join. Senior bus will leave the Center at 6:45 (limited seating).</p>
Monday, April 8th	April, 5th	—	<p>Movie Monday & Pizza: at Senior Center</p> <p>After you enjoy Chair Yoga, join us for Pizza & Movie! Movie TBD Meet at Senior Center 12:00 PM OR after Chair Yoga!</p>
Monday, April 15th	March, 19th	\$20	<p>Tulip Festival; Thanksgiving Point</p> <p>Come enjoy 280,000 tulips in hundreds of varieties, all imported directly from Holland. The 15 themed gardens throughout Ashton Gardens highlight different displays sure to bring out plenty of oohs and aahs! This is one festival you'll want to have a camera handy for sure. Bus to leave Center at 8:45 AM</p>



To all our Seniors...just a little info from the kitchen. I hope March just keeps on marching by if it continues to snow and be cold. Actually March is a good month.

On March 5th, we will be celebrating Mardi Gras-Fat Tuesday. The LeBlanc's (Ken and Mary) will be cooking our meal. Come and enjoy the fun and entertainment. Make sure and sign up at least the day before, because we won't be able to add anyone on the day of the meal.

Daylight Savings begins at 2:00 A.M. on the 10th. Many of us would like to keep one time or the other. Oh well.

Green, green, green. March 17th, Saint Patrick's Day. We will be celebrating this holiday on March 14th. Come and enjoy corned beef and cabbage with us. Don't forget to wear your green on this day here at the center, unless you want to get pinched. May the wind at your back not be from the cabbage and corned beef that you ate today!

Please remember to keep drinking your water. Until next time, take care...Cora Briggs

WEEK DAYS

EVERY WEEK DAY:

Billiards, Table Games, Computers,
Chess, Checkers, Exercise Room, Reading, Puzzles

Mondays:

7:00 pm: Fireside

Tuesdays:

10:30 am: Chair Exercise Class

1:00 pm: Table Games and Ceramics

Thursdays:

9:00, 10:00 & 11:00 am: Piano Classes taught by
Christy Ackerson. Call to schedule a class

801-864-6403

1:00 pm: Bingo & Ceramics

March Firesides

4th– Heber Valley Choir & Orchestra

11th– St Patrick's Celebration

"Irish Dancers"

18th– Laurissa Pullan– Piano Music

25th– Swiss Bell Ringers -Spring Concert

SPECIAL LUNCH PROGRAMS

Tuesday, March 5th: "Mardi Gras" with Ken & Mary LeBlanc & Music/ Vocals by "Starlord Duo"

Tuesday, March 12th: Dawn Loper w/MAG "Aging Services"

Thursday, March 14th: St. Patrick's Day with "Miss Wasatch" 2019

Tuesday, March 19th: **Breakfast** Presentation by Tanta Lisa Clayton of Utah Legal Services

Tuesday, March 26th: Sherrie Pace of the Utah Poison Control Center

Thursday, Mar 28th: Randall Probst, Director "State of the County Health Dept."

When needing to ride on the Tuesdays and Thursdays "Lunch Bus", please call the Front Desk 435-654-4920 to make sure it's "running" that day. Note: There must be 4 or more RID-ERS, each time, or the bus(es) don't run.



BIRTHDAY

Dee	Akerley	2
Gail	Allen	2
David	Frandsen	2
Myrna	Kowallis	2
Kyle	Probst	2
Judith	Battaglia	7
Chris	Burkley	7
Susan	Shawgo	7
Jolene	Cox	8
Liesa	Cox	8
Jane	Meeks	8
Joan K.	Duke	12
Craig	Hansen	12
Cary	Hobbs	12
Martha	Mickey	12
Wandanell	McDonald	14
Carolyn	Ritchie	14
Kathryn	Tingey	16
Cynthie	Carlile	17
Dwayne	Meeks	18
Bob	Azlin	19
Calvin	Giles	19
Jane	Davis	21
Jerry	Duke	21
Ginger	Lynch	21
Perry	Rose	21
Dallas	Bancroft	22
Joe	Knight	22
David	Rimington	25
Geniel	Bortz	26
Lena	Frandsen	26
LeeAnn	Cooper	27
Ruthie	Lugton	27
Jan	Schurig	27
Phyllis	Hronek	28
Pat	Broadhead	31

Birthday Cards = Free Lunch!

Your Birthday Card will be mailed to you.

*Don't forget to make a reservation. Does not need to be used during your birthday month.



If you miss a call from one of our **"Birthday Callers"**,
"BEE SWEET" and give them a call back to let
 them know how much you appreciate being
 remembered.



Wasatch County Caregiver Support and Education

Support Group meets at 4:00 p.m., the 2nd
 Thursday of each month at the
 Wasatch Senior Center,
 465 E 1200 S, Heber
 (435-654-4920)

CHUCK-A-RAMA

For just a \$1 donation to the
 Senior Center you get a
 "Senior Club" card which
 gives you 20% discount on
 meals at Chuck-A-Rama.

Obituaries

Dorn Schmidt
Born:
Died: January 2019
Married: Sher Schmidt

Thomas James Frazer
Born:
Died: January 29, 2019
Married: Carol Frazer

Jane Clayburn Larsen
Born: March 17, 1962
Died: January 1, 2019
Married: Roy Alan Larsen

Shirley Owens
Born: May 9, 1924
Died: February 3, 2019
Married: Eugene H Owens

Dixie Rae Haueter Thayne
Born: December 16, 1942
Died: February 4, 2019
Married: Bruce Wendell Thayne

Don H. Broadhead
Born: May 30, 1935
Died: February 14, 2019
Married: Beulah Wheeler

Twila Jane Jensen Athay
Born: September 20, 1926
Died: February 6, 2019
Married: R. Grant Athay

Eva Lou Carlile Stewart
Born: August 21, 1934
Died: February 8, 2019
Married: Paul Stewart

Corrine Chiyo Schade
Born: September 26, 1950
Died: February 10, 2019
Married: Craig Patrick Schade

Claudia Kay Hevener Bradshaw
Born: June 12, 1946
Died: February 16, 2019
Married: Jeffery M. Bradshaw

Vera Lee Day
Born: June 1, 1950
Died: February 18, 2019
Married: Barry Day

Angelika S. Johnson
Born: November 27, 1927
Died: February 18, 2019
Married: Eldred Johnson





AARP will be here on Wednesdays to help Seniors (55 and older) with tax preparation for FREE!

Tax Aide Days at the Senior Center

March 6th, 13th & 27th

Appointment times 8:30 am—12:30 pm.

Call 435-654-4920 to schedule an appointment.

Heber Food Pantry Community Action Agency

34 W 200 S, Heber, UT
435-654-2182

Open: Tuesday and Friday
11:00 a.m. to 6:00 p.m.
Leader: Bryce Hendley

**FREE Piano classes on
Thursdays at 9, 10 & 11 a.m.
taught by
Christy Ackerson
For an appointment
Call 801-864-6403**



Benefits of Membership at County Senior Center:

Are you 55 or older?
We need YOU at the Wasatch County Senior Center!
Stop by for a tour.

*Play and win **Prizes at Bingo!** *Go places with us including
**Concerts, Theatre, Museums, Sporting Events, and Many Other
Trips/Activities!** *At the Center we have **Billiards, Ceramics
Class, Chair Exercise Classes, Piano Classes,
Computers, Evenings of Music, Boutique, Monthly
Newsletter, Free Lunch for your Birthday** and **MUCH
MORE!**

**It's only \$10.00 for an Entire Year!
SIGN UP OR RENEW NOW!**

BOUTIQUE

Looking for that special baby gift or
handcrafted item?

Check out our *Boutique & Ceramic* display at the Senior Center **FIRST!** Baby quilts & wraps, potholders, dish cloths, scarves, hats, mittens, dolls, & variety of ceramics are just a few of the items on display.

Donations support weekly activities & special events. We have talented quilters, knitters, crocheters and crafters who donate their time & talents creating special one of a kind items. They are displayed in the lounge area.

Items displayed are changed regularly as crafters complete their projects, so check it often!

Meals on Wheels

Do you or someone that you care about need meals delivered to your home? The Meals on Wheels program is designed for those who are over the age of 60 years and homebound (do not drive). For more information about the Meals on Wheels program call Tiffany at the Senior Center.
435-654-4920

Exchange Day at the Senior Center

Our next days are:

**Tuesday March 5th
&
Thursday March 7th**

Bring your clean and useable things that you no longer need, use or want.

Everything is FREE for the taking. Yay 😊
You might find some real treasures to take home.

Meet you at our fun Exchange table! 😊



Any questions, see Lynn Allen

Chair Exercise Class Tuesday Mornings

10:30 A.M.

Room 157

Everyone can benefit from exercise regardless of age or fitness level. Come join us in learning exercises to improve your endurance, strength, balance and flexibility. All ability levels are welcome. The class is taught by Ginny Otteson and Alicia Ames



Ensure is a nutritional supplement available, with RX, at our front desk, at a "discounted" rate.



Would you like to learn how to make earrings for \$5?

Contact Mary Johnson at 801-597-4033 to schedule an appointment.

Come to Mesquite!

Monday, Tuesday, Wednesday, May 6, 7 & 8:

Two night trip to Mesquite Nevada!!



3 days 2 nights to have fun, play bingo, keno, bowl, swim, relax and more. \$85per person for Transportation/ Double Occupancy Room or \$115 for Transportation/Single Occupancy Room. **SIGN UP AND PAY NOW.** Family & Friends over 21 yrs. are welcome to join us .

March is the last month to utilize two Medicare Enrollment Periods. The first is the General Enrollment Period, This enrollment period is for those who have not previously enrolled in Medicare and who need to enroll. Those who enroll during this period may have Late Enrollment Penalties (LEPs) for not enrolling when they were first eligible for Medicare, and the coverage will not start until July. Those who have had active employer coverage previously may not have an LEP. The second enrollment is for those who are currently on a Medicare Advantage plan who (1) want to change back to Original Medicare or (2) need to change to another Medicare Advantage plan. This enrollment period is not for those on Original Medicare. If you have questions about either of these enrollment periods, please call Dawn Loper, SHIP Medicare Counselor at Mountainland Association of Governments: 801-229-3819. Dawn will be at the Wasatch Senior Center on Tuesday, March 12th. Please call for an appointment.

There are always many scams going around. Never give out your personal information over the phone. Medicare and the Social Security Administration will **never** call you and request personal information. You can go to the Federal Trade Commission website (www.ftc.gov) to read about the latest scams. For those who are struggling with the cost of prescription medications, please call to see if you qualify for a Government program to help with those costs. Again, you can call Dawn Loper at 801-229-3819. Remember to guard your Medicare card!

Dawn Loper– SHIP Medicare Counselor

801-229-3819 / www.LoveYourLaterLife.org



Bowling @ Holiday Lanes

Activities

Cheese Tasting in Midway



Bingo

Firesides



Senior Giggles

